

Report on Basic Demographic Information and Results of Twelve Month
Follow-up Procedure For Adults Completing Prison Treatment Programs

Presented to: Division of Alcohol and Drug Abuse:
State of South Dakota

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EXECUTIVE SUMMARY

A summary of the basic findings for Adult DOC programs is presented in this section.

- ◆ The overall cumulative substance abstinence rate for those in the 12-month follow-up survey was 44.8 percent.
- ◆ Clients who attended AA meetings had superior outcome results (not using substances, arrest free, not absconding, and non-violation of parole) compared to those who dropped out of AA.
- ◆ Clients who attended aftercare had better outcome results (not using substances, arrest free, not absconding, and non-violation of parole) than did those who dropped out of aftercare.
- ◆ Older persons had better outcome results (not using substances, arrest free, not absconding, and non-violation of parole) than did younger people.
- ◆ People who were working had much better outcome results in each area (not using substances, arrest free, not absconding, and non-violation of parole) than did those not working.
- ◆ Persons with higher levels of education had much better outcomes (substance use, arrest, abscond, parole violations) than did those with lower levels of education.
- ◆ Clients with a history of work problems had much poorer outcomes (greater substance use and more parole violations) than did those with few (or no) problems at work.
- ◆ Problems at school and with the law, encountered before age 15, were highly correlated with poor outcomes in each area assessed at follow-up.
- ◆ Participants in the treatment programs who liked the program (rated it high) were less likely to use substances or violate parole.
- ◆ Clients who rated individual or group counseling high

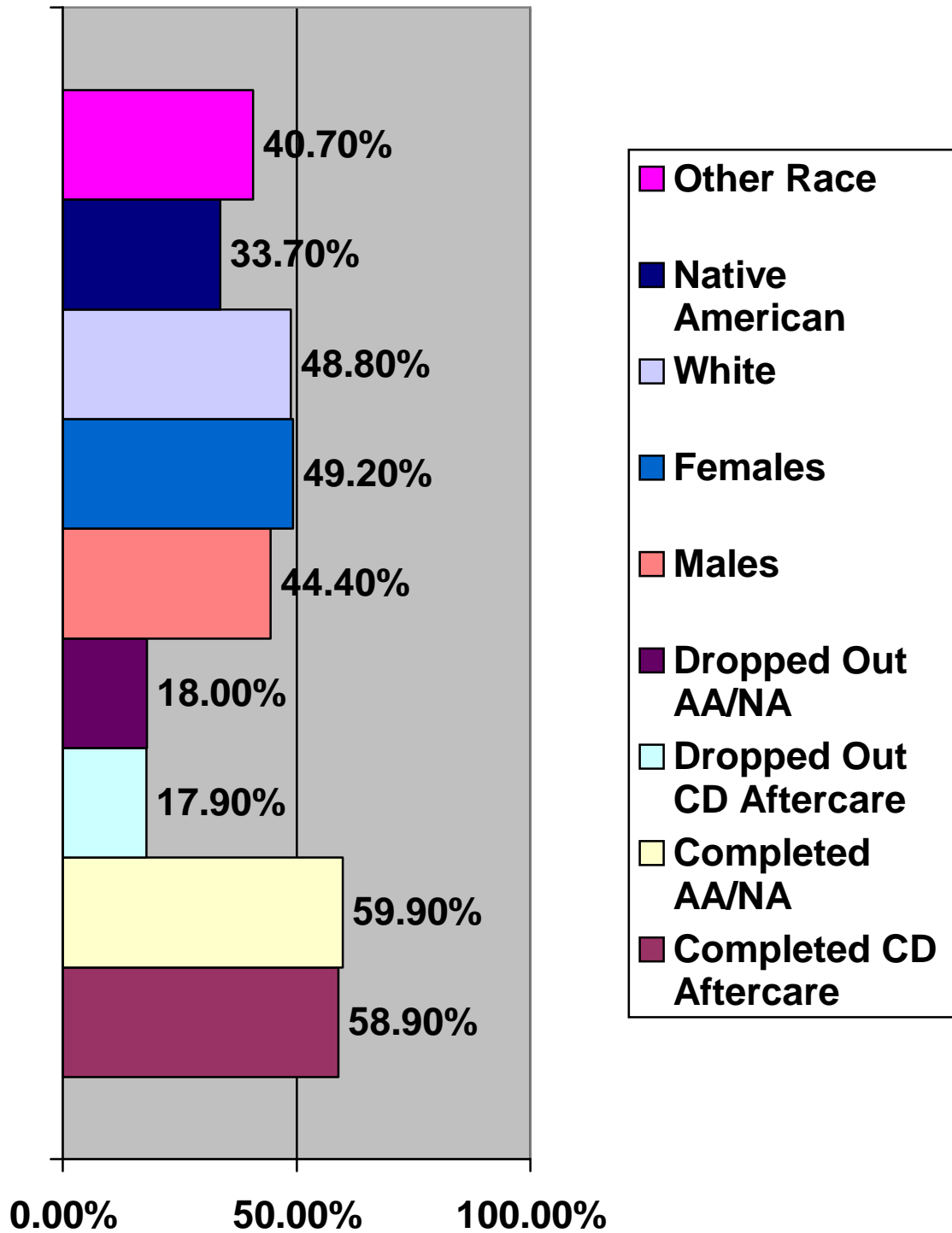
were less likely to violate provisions of their parole or use substances.

- ◆ Clients who liked their counselor and would recommend the program to others were less likely to violate provisions of their parole or use substances.
- ◆ Parole officers' assessments of compliance with parole plans were significantly related to abstinence, arrest, violation of parole, and absconder status. The officers' perceptions were closely related to the performances of clients. High ratings by the officers were associated with good outcomes (less drinking, fewer arrests, fewer parole violations, and fewer absconders).
- ◆ Parole officers' assessments of clients' relationships with family members were highly correlated with abstinence, arrest, violation of parole, and absconder status. Again, the officers' perceptions were closely related to the performance of clients. Good perceived relationships were correlated with good performances by the clients.
- ◆ Parole officers' assessments of clients' relationships with peers/friends were significantly related to abstinence, arrest, violation of parole, and absconder status. The officers' perceptions quite accurately reflected the reality of the performances of the clients in these areas. Good peer relations were correlated with good outcome performances.
- ◆ Parole officers' assessments of clients' employment progress were highly correlated with abstinence, arrest, violation of parole, and absconder status. The officers' perceptions were closely related to the performances of clients. Good perceived employment progress was correlated with good performances by the clients.
- ◆ Parole officers' assessments of the probability of remaining arrest free were highly correlated with clients' performances related to abstinence, arrests, violation of parole, and absconder status. The officers' perceptions were closely related to the performances of clients. Of course, the officers often had hindsight as a guide in judging the

performance of the clients.

- ◆ Counselors' ratings of the clients' performances in the outpatient treatment program were significantly related to abstinence, absconding, and parole violations. High ratings were correlated with greater abstinence, less absconding, and fewer parole violations.
- ◆ Counselors' ratings of the clients' overall performances in the program were significantly related to abstinence, absconding, and parolee violation. High ratings were related to greater abstinence, and fewer parole violations, and less absconding.
- ◆ Counselors' ratings of the clients' performances in individual counseling sessions were significantly related to abstinence and parole violations. High ratings were correlated with greater abstinence, and fewer parole violations.
- ◆ Counselors' ratings of the clients' performances in group counseling sessions were significantly related to abstinence, absconding, and parole violations. High ratings were correlated with greater abstinence, fewer parole violations, and less absconding.
- ◆ Clients who had high ratings from their counselors in the relapse prevention part of the program were less likely to violate parole and had higher abstinence rates.
- ◆ Counselors' perceptions of the likelihood of remaining substance abuse free were significantly related to outcome factors. Good ratings were related to greater abstinence, and fewer parole violations and arrests, and less absconding.
- ◆ Counselors' perceptions of the clients' prospects of being arrested were significantly related to abstinence, arrests, and parolee violations. Favorable ratings by the counselors of the clients were related to greater abstinence, fewer arrests, and fewer parole violations.

Abstinence Rates: Various Groups



Demographic Information (From MPR Intake Form)

Ethnic Origin

Information for this section of the report was obtained from the MPR Adult Intake and History forms which were adapted and used by permission of New Standards, Inc. The information was collected for persons completing treatment programs between April 1999 and November 2007. Information from the Intake, History, and Discharge forms were available for a total of 5206 persons, although not everyone answered each question. The only two ethnic groups with notable numbers were White (64.1%) and Native American (25.4%), representing nearly 90.0 percent of the total.

Ethnicity	Number of Cases	Percent
Asian	27	0.5%
Black	175	3.4%
Hispanic	173	3.3%
Native American	1322	25.4%
White	3337	64.1%
Biracial	126	2.4%
Other	46	0.9%
Total	5206	

Marital Status

Never married (54.7%) and divorced (25.6%) were the most frequently mentioned categories of marital status.

Marital Status	Number of Cases	Percent
Never Married	2819	54.7%
Divorced	1316	25.6%
Separated	267	5.2%
Widowed	60	1.2%
Married	688	13.4%

Total	5150	
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Educational Attainment

High school diploma/GED was the most frequently mentioned category (75.1%), followed by: vocational/technical school (12.5%), no diploma earned (7.2%), and associate degree (3.3%).

Highest Degree Earned	Number of Cases	Percent
No degree or diploma earned	354	7.2%
High school diploma/GED	3681	75.1%
Vocational/technical school	614	12.5%
Associate Degree	164	3.3%
Bachelor's Degree	71	1.5%
Master's Degree	14	0.3%
M.D./J.D./Doctorate	1	0.0%
Total	4899	

Current Employment Status

At entry into the treatment programs, less than one-half were employed either part- or full-time. The most common employment status was unemployed (48.2%).

Employment Status	Number of Cases	Percent
Incarcerated	322	6.8
Full-time employment	1666	35.1
Part-time employment	196	4.1
Unemployed	2292	48.2
Retired	35	0.7
Disabled	143	3.0
Homemaker	10	0.2
Student	87	1.8

Total	4751	
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Financial Assistance

Some (3.4%) of the clients were receiving disability compensation or welfare (0.3%), and a few (0.2%) were receiving both.

Financial Assistance	Number of Cases	Percent Yes
Receiving Disability Compensation	5112	3.4%
Receiving Welfare	5085	0.3%

Treatment Payment

Clients were from treatment programs in facilities of the South Dakota State Department of Corrections (DOC) and were not required to pay for their treatment. Since not everyone responded to the question and some listed more than one payment type, the percents do not sum to 100.

Payment Type	Number Answering Yes	Percent
Medicare	25	0.5%
Medicaid	35	0.8%
Blue Cross/Blue Shield	7	0.2%
Private/group insurance	23	0.5%
HMO	3	0.1%
Self-pay	167	3.6%
Other	4670	93.3%
Total Possible Responses	5006	

Referral Source

The Court (73.1%) was the most frequent referral source. Other common referral sources were 'Other' (35.4%), Self (4.2%), and Family (2.3%). Since there were multiple referral sources, the column percents equal more than 100.

Referral Source	Number of Cases	Percent Checking Category
Court	3742	73.1%
Detox center	24	0.5%
Employer/EAP	9	0.2%
Family	108	2.3%
Friends	68	1.4%
Mental health worker	64	1.4%
Physician	19	0.4%
School	11	0.2%
Self	197	4.2%
Social worker	28	0.6%
Other	1727	35.4%

Reasons For Entering Treatment

It is obvious that these particular clients entered treatment for reasons external to themselves, since they were in DOC facilities or programs. 'Other' court action (60.8%) was the most frequent reason for entering treatment, followed by DWI or DUI arrests (35.4%) and In Lieu of Incarceration (23.9%). Since persons could make multiple responses, the sum of the percents is more than 100.

Reasons	Number of Cases	Percent Yes
DWI or DUI Arrest	1722	35.4%
Other Court Action	3008	60.8%
In Lieu of Incarceration	1146	23.9%

Ultimatum from Employer	14	0.3%
Ultimatum from Spouse/Mate	26	0.6%

Most Recent Chemicals Used (From Intake Form)

Upon admission to the treatment programs, it was found that the most common drugs used were alcohol, marijuana, and cocaine. Nearly all (95.8%) had used alcohol and 81.6 percent had used marijuana at some time.

Substance	Within 24 Hours	Within 2-7 Days	Within 8-30 Days	Over a Month Ago	Never Used
Alcohol	1.0%	1.0%	1.7%	92.1%	4.2%
Marijuana	0.9%	0.5%	0.8%	79.4%	18.4%
Cocaine	0.2%	0.2%	0.4%	53.1%	46.2%
Stimulants	0.5%	0.3%	0.3%	50.5%	48.4%
Sedatives	0.1%	0.1%	0.1%	24.9%	74.8%
Opiates	0.1%	0.1%	0.2%	25.2%	74.1%
Tranquilizers	0.3%	0.0%	0.2%	19.5%	80.0%
Hallucinogens	0.1%	0.0%	0.1%	39.9%	59.8%
Painkillers	0.2%	0.2%	0.1%	29.7%	69.7%
Other	0.4%	0.1%	0.1%	23.8%	75.5%

Demographic Information From Adult History Form

Work Outside Home

Most (66.6%) of the clients were working either part- or full-time, but a large minority was unemployed at entry into the treatment programs.

Work Outside Home	Number of Cases	Percent
Yes, full-time	3155	61.0%
Yes, part-time	289	5.6%
No, by choice	206	4.0%
No, unemployed	1524	29.5%
Total	5174	

Personal Income Last Year

Considering the relatively high number of unemployed persons, it was not surprising that many of those in the treatment programs had personal incomes of less than \$10,000 per year. Few made more than \$30,000 per year.

Personal Income Categories	Number of Cases	Percent
Less than \$10,000	2254	44.3%
\$10,001 to \$20,000	948	18.6%
\$20,001 to \$30,000	564	11.1%
\$30,001 to \$50,000	269	5.3%
Over \$50,000	103	2.0%
Don't want to say	955	18.8%
Total	5093	

Family Income Last Year

As would be expected, family income levels were higher than personal income levels, but these income amounts were quite modest with only 13.7 percent reporting family incomes over \$30,000.

Family Income Categories	Number of Cases	Percent
Less than \$10,000	1446	29.1%
\$10,001 to \$20,000	785	15.8%
\$20,001 to \$30,000	575	11.6%
\$30,001 to \$50,000	418	8.4%
Over \$50,000	263	5.3%
Don't want to say	1476	29.7%
Total	4963	

Place of Residence

Most clients have lived a majority of their lives in cities.

Place of Residence	City	Town	Rural Area
Where do you live now?	53.8%	28.5%	17.8%
Where have you lived most your life?	54.4%	27.5%	18.1%

Problem Areas

The clients were asked a series of questions about personal or family problems or situations. Most clients (78.9%) had been in a previous treatment program, and nearly one-half (43.6%) had encountered problems with family members drinking. Other prominent problem areas were: treated for depression (29.5%), family members using drugs (26.6%), and physical abused or 'beat up' before age 18 (24.8%).

Problem Areas	Number of Cases	Percent Yes
Have you been in treatment before?	5205	78.9%
Did drinking by any family member cause problems?	5243	43.6%
Did drug use by any family member cause problems?	5218	26.6%
Before 18, were you hit so hard that you had marks?	5248	24.8%
Since 18, were you hit so hard that you had marks?	5236	13.6%
Before 18, were you forced to have sex?	5234	11.2%
Since 18, were you forced to have sex?	5248	5.1%
Have you ever been treated for depression?	5240	29.5%
Have you ever been treated for other emotional disorders?	5178	19.6%
Have you ever tried to commit suicide?	5050	16.9%
Have you ever starved yourself over 3 months?	5183	2.9%
Have you ever binged and vomited over 3 months?	5144	2.2%
Had a hard time learning when growing up?	5119	18.9%

Additional Problem Areas Before You Were 15 Years Old

Two major problem areas encountered by the clients before age 15 were stealing (56.3%) and starting fights (52.5%). Most of the other categories were also significant problem areas, and these problem areas were significantly correlated with outcome results. Those with problems had poor outcomes and those without these problems had positive outcomes.

Problem Area	Number Cases	Percent Yes
Skip school more than 10 times?	4853	41.0%
Get suspended or expelled from school?	4835	45.0%
Get Arrested?	4793	39.3%
Run away from home overnight more than once?	4794	32.2%
Vandalize or destroy property?	4797	43.6%
Steal?	4806	56.3%
Have sex with more than one person?	4806	44.5%
Start physical fights?	4825	52.5%

Questions on Spirituality

Most (68.3%) of the clients participated in prayer or meditation on a regular basis (at least several times per month). More than one-half (55.7%) were praying or meditating at least weekly.

How often do you pray or meditate?

Pray or Meditate	Number of Cases	Percent
Never	1081	20.8%
Less than once a month	568	10.9%
Several times a month	656	12.6%
Every week	701	13.5%
Every day	2198	42.2%
Total	5204	

This group of clients was not highly involved in organized religious services, since more than one-third (36.7%) never attended religious services, and others (27.9%) attended services less than once a month.

How often do you attend religious services of any kind?

Religious Services Attendance	Number of cases	Percent
Never	1901	36.7%
Less than once a month	1442	27.9%
Several times a month	573	11.1%
Every week	1167	22.6%
Every day	91	1.8%
Total	5174	

From Adult Discharge Form

Program Type

Data analysis in this section was completed on all persons who had been discharged from treatment. The most common type of program was Day Outpatient.

Type of Program	Number of Cases	Percent
Residential/Inpatient only	129	2.5%
Evening Outpatient only	785	15.4%
Day Outpatient only	3269	64.0%
Day Hospital	8	0.2%
Combination: Inpatient Evening Outpatient	1	0.0%
Combination: Inpatient Day Outpatient	9	0.2%
Combination: Inpatient Day Hospital	2	0.0%
Other	904	17.7%
Total	5107	

Discharge Status for All Referrals to Programs

Based on information received from the treatment programs, most (99.1%) clients were in the 'Completed program' category. Some persons were transferred to other programs.

Discharge Status	Number of Cases	Percent
Evaluation only	7	0.1%
Completed program	5009	99.1%
Transferred to other program	33	0.7%
Left against staff advice	0	0.0%
Discharged for noncompliance	2	0.0%
Insufficient funding	1	0.0%

Chemical Use during Treatment

As would be expected, very few clients were known to be using chemicals during treatment.

Chemical Use	Number of Cases	Percent
No	4793	94.3%
Not sure	281	5.5%
Yes, as inpatient	6	0.1%
Yes, as outpatient	4	0.1%
Total	5084	

Family Program Participation

Because of the prison setting of the clients, very few family members were available or allowed to participate in family programs.

Participation in Family Program	Number of Cases	Percent
No family or significant other	4792	99.1%
Patient refused	29	0.6%
Family/significant others refused	7	0.1%
Some involvement	9	0.2%
Total	4837	

Participation in Family Program

Of the few who did take part in family programs, spouse/mate and friends were the most frequent participants.

Attendance	Percent None	Percent Partial	Percent Full
Spouse/mate	73.3%	20.0%	6.7%
Parents	85.7%	14.3%	0.0%
Siblings	92.9%	7.1%	0.0%
Children	92.9%	7.1%	0.0%
Friends	70.6%	29.4%	0.0%

Post-discharge Referrals

Alcoholics Anonymous, Program Aftercare, and Narcotics Anonymous were the most frequent referral sources. Since there were multiple referrals, the total percent equals more than 100 percent.

Referral Source	Number of Cases	Percent
Alcoholics Anonymous	4437	87.8%
Emotions Anonymous	21	0.4%
Cocaine Anonymous	100	2.0%
Narcotics Anonymous	2930	58.1%
Women for Sobriety	3	0.1%
Al-Anon	21	0.5%
Other support group	214	4.4%
Program Aftercare	3246	64.5%
Individual Therapy/Counseling	210	4.2%
Family Therapy/Counseling	56	1.1%
Halfway house	451	9.0%
Other CD program	263	5.2%
Other	1024	20.4%

PROGRAM ASSESSMENT FORM - COMPLETED BY COUNSELORS

Information for this section of the report was obtained from the Program Assessment form, which was completed by counselors most familiar with the clients' program and progress. The information was collected for persons completing treatment programs between April 1999 and November 2007. Information was available for a total of 5261 persons, although not everyone answered each question and not everyone was required to attend each program segment. Only information from the latest form (1999 version) was used.

Group Counseling Sessions

Nearly all (99.7%) attended the required parts of their group counseling sessions. Most (87.3%) received a 'good' or 'fair' rating when compared to others in the program.

	Yes	No
Attended all required parts	99.7%	0.3%

	Excellent	Good	Fair	Poor
Compared to others, how well client did	7.5%	57.7%	29.6%	5.2%

Individual Counseling

Nearly all (99.7%) attended the required parts of their individual counseling sessions. Most (86.4%) received a 'good' or 'fair' rating when compared to others in the program.

	Yes	No
Attended all required parts	99.7%	0.3%

	Excellent	Good	Fair	Poor
Compared to others, how well client did	10.0%	59.2%	27.2%	3.6%

Primary outpatient treatment program

Almost all (99.8%) attended the required parts of their primary outpatient treatment program. Most (89.8%) received a 'good' or 'fair' rating in comparison to others in the program.

	Yes	No
Attended all required parts	99.8%	0.2%

	Excellent	Good	Fair	Poor
Compared to others, how well client did	6.2%	59.8%	30.0%	3.9%

Aftercare services

Of those in this program, over half (51.2%) attended the required parts of their aftercare services. Most (86.5%) received a 'good' or 'fair' rating.

	Yes	No
Attended all required parts	51.2%	48.8%

	Excellent	Good	Fair	Poor
Compared to others, how well client did	9.5%	34.5%	52.0%	4.1%

Relapse prevention

Virtually all (99.8%) attended the required parts of relapse prevention. A large majority (91.1%) received a 'good' or 'fair' rating when compared to other clients in the program.

	Yes	No
Attended all required parts	99.8%	0.2%

	Excellent	Good	Fair	Poor
Compared to others, how well client did	5.6	59.6%	31.5%	3.3%

Overall Assessment of Clients by Counselors

Nearly two-thirds of the clients (58.7%) received a 'good' rating considering all aspects of the client's treatment program.

Consistent with other comparisons in the program assessment, the majority (88.6%) received a 'good' or 'fair' rating.

	Excellent	Good	Fair	Poor
Considering all aspects, how well client did	7.1%	58.7%	29.9%	4.2%

Most clients (70.1%) were assessed to be 'somewhat likely' free of substance abuse in the future. Frequently, those who were 'very likely' to be free of substance abuse also performed well on outcome measures in comparison to others in their program. Those who were 'not likely' to be free of substance abuse performed fair or poorly when compared to others in their program.

	Very likely	Somewhat likely	Not likely
How likely to be free of substance abuse	12.3%	70.1%	17.6%

Most (66.2%) of those rated were viewed as 'somewhat likely' to be arrest free for law violations in the future.

	Very likely	Somewhat likely	Not likely
How likely to be arrest free	12.5%	66.2%	21.3%

CLIENT ASSESSMENT FORM - COMPLETED BY CLIENTS

Information for this section of the report was obtained from the Client Assessment form, which was completed by clients near the end of their substance abuse treatment programs. The information was collected for persons completing treatment programs between April 1999 and November 2007. Information was available for a total of 5302 persons, although not everyone answered each question.

The clients were given the opportunity to rate six parts of their treatment program. Each of the six areas received very favorable ratings. A vast majority (89.4%) gave the overall program a 'good' or 'excellent' rating.

Ratings by Clients of the Alcohol and Drug Treatment Program

	Poor	Fair	Good	Excellent
Individual counseling	2.3%	11.1%	46.5%	40.1%
Group Sessions	1.8%	13.5%	53.4%	31.3%
Usefulness of films and video	3.0%	13.5%	46.4%	37.2%
Quality of films and video	5.5%	19.2%	46.5%	28.8%
Facilities available	9.4%	22.9%	44.8%	22.9%
The overall program	1.5%	9.2%	52.8%	36.6%

The clients were asked to indicate their agreement, disagreement or undecided response to the following questions with ratings ranging on a continuum from 1 = Disagree, 4 = Undecided, and 7 = Agree.

A vast majority of the clients agreed (responses 5-7) with the statements about the programs. On important questions more than 90 percent agreed with the statements, illustrating the strength of the positive feelings about the treatment programs. The highest mean ratings were: 'counselors were helpful' (6.2), 'gained knowledge' (6.2), and 'information was useful' (6.2). Consistent with the ratings above, and in general, the clients were favorably impressed with treatment programs.

	Mean	Percent Agreeing with Statement
I gained knowledge	6.2	93.7%
I liked the program	5.8	86.2%
The counselors were helpful	6.2	93.0%
The program was too long	3.2	25.9%
The program was too short	3.7	34.5%
Information presented was useful	6.2	92.9%
Better person because of program	5.8	83.5%
Too much information presented	2.6	16.5%
Program well organized	5.8	84.0%

A vast majority (90.3%) of those completing the form indicated that they would recommend the treatment program to other people.

OPEN-ENDED QUESTIONS - COMMENTS FROM 2006 and 2007 CLIENTS

These comments were taken from those recently completing treatment programs.

What did you like best about the Alcohol and Drug Treatment Program?

- Group sessions, discussions (166 responses)
- Information, knowledge, learning (136 responses)
- Counselors (121 responses)
- Videos, films, movies (102 responses)
- Relapse education, triggers, tools (64 responses)
- One on one counseling (36 responses)
- Self realizations (23 Responses)
- Thinking barriers/other barriers (22 responses)
- Talking/sharing (21 responses)
- Homework (20 responses)
- Look at myself/life/problems (18 responses)
- Learned about myself (17 responses)
- Presentation quality/counselor's knowledge (17 responses)
- Learning about alcohol/drug addiction (14 responses)
- Native based/all Native/ethnic approach (13 responses)
- Environment (11 responses)
- Group in general, people (11 responses)
- Journaling/Chemical histories (11 responses)
- I can change, gave encouragement, more positive outlook on life (10 responses)
- Material (10 responses)
- Liked the hours/short/couple hours a day (9 responses)
- Opening up (9 responses)
- 12 step program (7 responses)
- Activities/participation (7 responses)
- Getting out, last day, completing (6 responses)
- I am an alcoholic/addict/I need help (6 responses)
- Individual approach/assignments (6 responses)
- Honesty (5 responses)
- Nothing (5 responses)
- Small group (5 Responses)
- All of it (4 responses)
- How to stay sober/change for the better (4 responses)
- Openness (4 responses)
- All women (3 responses)
- Disorder information (3 responses)
- Feedback/input from others (3 responses)
- Individuals (3 responses)

- Meeting people (3 responses)
- Staff (3 responses)
- Don't know (2 responses)
- Goals (2 responses)
- Helping others/learning from others (2 responses)
- It was good/I liked it/it was useful (2 responses)
- Listening (2 responses)
- Others went through same thing (2 responses)
- Red Road Approach (2 Responses)
- Run well/organized (2 responses)

OPEN-ENDED QUESTIONS

What, if anything, about the program do you think needs to be changed?

- Nothing (319 responses)
- Length, longer or less rushed (70 responses)
- Videos (64 responses)
- Change approach/organization/activities (49 responses)
- One on one counseling, more counseling, more in-depth counseling (42 responses)
- Update videos (36 responses)
- Bigger & better facilities (23 responses)
- More group discussion/sessions/interaction (16 responses)
- Information, different, updated (14 responses)
- More videos (14 responses)
- Participation/group participation (11 responses)
- Better counselors, new counselors (10 responses)
- Less videos (9 responses)
- Location/out of prison (9 responses)
- Schedule change (more days, fewer hours, time of day, more intense, etc.) (9 responses)
- Coffee/food/snacks (8 responses)
- Length (8 responses)
- Less homework/paperwork/written work (8 responses)
- Only people who want to be there or need it (8 responses)
- More/mandatory NA/AA (6 responses)
- Time (6 responses)
- Update/change material (6 responses)
- Environment (5 responses)
- More Homework (5 responses)
- More Intense (5 responses)
- Later/too early (4 responses)
- More structure (4 responses)
- People (4 responses)
- Smaller Class (4 responses)

- Individuals (3 responses)
- More on Meth (3 responses)
- More reading materials (3 responses)
- Separate treatment for gamblers/AA/NA (3 responses)
- Timing (3 responses)
- 12 Steps (2 responses)
- Confidentiality (2 responses)
- Evaluation of/from others (2 responses)
- Family (2 responses)
- Instructor attendance/involvement (2 responses)
- Less writing (2 responses)
- Mental health (2 responses)
- Same counselor (2 responses)

**REPORT OF RESULTS OF 12-MONTH
FOLLOW-UP STUDY FOR THE
ADULT TREATMENT PROGRAMS**

INTRODUCTION

Included in this report is the analysis of 3,829 persons for whom the 12-month or end-of-parole form was completed since 1994, and who had completed the forms while in the treatment program. The average length of time between the release from the penitentiary and being surveyed was about 12 months for this group. This 12-month follow-up period will be referred to as the end-of-parole period for the sake of simplicity. The follow-up forms were completed by Department of Corrections' parole officers. The procedure was changed during 1994 so that follow-up forms were completed at the end of 12 months of parole or after release from parole. Information for those on the 12-month or end-of-parole follow-up period was available through November 2007.

BASIC FOLLOW-UP RESULTS

For those surveyed at the end of their parole period, 46.4 percent were abstinent and 53.6 percent had used substances at least once (as shown in 'Use Of Any Drug' table on next page). These rates compared very favorably with abstinence rates from private treatment programs for people in general.

DRUG AND ALCOHOL USE

USE OF ALCOHOL OTHER STUDIES

NAME OF STUDY	PERCENT ABSTINENT	TIME FRAME
TOPS	40-50%	One Year

TOPS (Treatment Outcome Prospective Study)-NIDA, n = 10,000
(reported from NASADAD)-multiple studies over a ten-year period.

Over one-half (55.2%) did not use alcohol in the 12 months following treatment (or release from incarceration).

USE OF ALCOHOL 12-MONTH FOLLOW-UP

RESULT OF TESTING	NUMBER	PERCENT
Used Alcohol	1717	44.8%
Did Not Use Alcohol Abstinent	2112	55.2%
Total	3829	

Over three-fourths (79.0%) were not using marijuana 12 months following treatment.

**USE OF MARIJUANA
12-MONTH FOLLOW-UP**

RESULT OF TESTING	NUMBER	PERCENT
Used Marijuana	802	21.0%
Did Not Use Marijuana	3015	79.0%
Total	3817	

Most (87.6%) of the persons did not use other (i.e., cocaine, stimulants, etc.) drugs during the 12 month follow-up.

**USE OF OTHER DRUGS
12-MONTH FOLLOW-UP**

RESULT OF TESTING	NUMBER	PERCENT
Used Other Drugs	482	12.4%
Did Not Use Other Drugs	3397	87.6%
Total	3879	

Over one-half (55.2%) had used drugs or alcohol 12 months following treatment.

**USE OF ANY DRUG
12-MONTH FOLLOW-UP**

RESULT OF TESTING	NUMBER	PERCENT
Used Any Drugs or Alcohol	2143	55.2%
Did Not Use Drugs or Alcohol	1736	44.8%
Total	3879	

EMPLOYMENT

The employment rate (part- or full-time) was very high (90.2%) during the follow-up period.

EMPLOYMENT STATUS 12-MONTH FOLLOW-UP

EMPLOYMENT STATUS	NUMBER	PERCENT
Working Part-time	385	12.3%
Working Full-time	2444	77.9%
Not Working	307	9.8%
Total	3136	

EDUCATION

Very few (5.1%) clients were attending school/training.

EDUCATION/TRAINING STATUS 12-MONTH FOLLOW-UP

EDUCATION	NUMBER	PERCENT
Attending School/Training	194	5.1%
Not Attending	3583	94.9%
Total	3777	

ALCOHOL AND DRUG TESTING

About four-fifths (81.6%) of the parolees were tested for alcohol and other drug substances during the reporting period.

TESTING RESULTS 12-MONTH FOLLOW-UP

TESTING COMPLETED	NUMBER	PERCENT
Was Tested	3156	81.6%

Was Not Tested	712	18.4%
Total	3868	

The rate of testing positive was 82.9 percent for the 12-month follow-up period. The high positive rates during the end of the 12-month follow-up may, in part, be due to the negative results not being recorded on the form (left as blank information), as evidenced by the small number (1757 of cases reported versus number tested (3868). Those who were tested were likely tested with probable cause (suspicion of a substance abuse problem).

**TESTING RESULTS
12-MONTH FOLLOW-UP**

RESULT OF TESTING	NUMBER	PERCENT
Positive	1457	82.9%
Negative	300	17.1%
Total	1757	

ARRESTS

About one-third (29.6%) had been arrested by the end of the follow-up period. More than one-half of the arrests involved drug or alcohol related offenses (DWI, drinking, no bar, possession, etc.). Many parole violations could have been for substance use, but specific violations were not always specified on the follow-up forms completed by parole officers. Nationally, about one-third of the parolees were re-arrested during the first twelve months of parole. The follow-up results for the South Dakota clients were quite favorable, considering that this segment of the report concerns only those who had been through the Substance Abuse Treatment Programs. Many arrests were for drug and alcohol related activities and not for 'hard-core' criminal actions.

**ARRESTS
12-MONTH FOLLOW-UP**

ARRESTED SINCE PROGRAM WAS COMPLETED	NUMBER	PERCENT
Arrested	1140	29.6%

Not Arrested	2709	70.4%
Total	3849	

PAROLE VIOLATIONS

Over one-half (60.0%) violated provisions of their parole during the follow-up period. About three-fourths of the violations were for drug and alcohol related situations.

PAROLE VIOLATION 12-MONTH FOLLOW-UP

PAROLE VIOLATION SINCE PROGRAM WAS COMPLETED	NUMBER	PERCENT
Violated Parole	2304	60.0%
Did Not Violate Parole	1536	40.0%
Total	3840	

GOVERNMENT AND WELFARE ASSISTANCE PROGRAMS

Considering the population studied, relatively few (9.1%) were receiving government or welfare assistance.

GOVERNMENT ASSISTANCE 12-MONTH FOLLOW-UP

GOVERNMENT OR WELFARE ASSISTANCE PROGRAMS	NUMBER	PERCENT
Received Assistance	348	9.1%
Did Not Receive Assistance	2479	90.9%
Total	3827	

SUMMARY OF FACTORS RELATED TO ABSTINENCE

Those with 'much' aftercare had better results than did those with 'none' or 'some' aftercare. Those with 'no or very limited' aftercare had a 24.5 percent rate of abstinence, while those with 'some' and 'much' aftercare reported abstinence rates of 28.0 percent and 62.7 percent, respectively.

RELATIONSHIP BETWEEN ABSTINENCE AND AFTERCARE SERVICES 12-MONTH FOLLOW-UP

Alcohol Usage	No Aftercare or Dropped	Some Aftercare	Much Aftercare
Abstinent	24.5%	28.0%	62.7%
Not Abstinent	75.5%	72.0%	37.3%

Significant Results $p < .001$

Significant findings occurred when the relationship between attendance at AA/NA meetings and abstinence was examined. Those with frequent attendance had significantly ($p < .001$) higher (64.1%) abstinence rates than did those with 'no' attendance (23.0%) and 'some' attendance (43.6%).

RELATIONSHIP BETWEEN ABSTINENCE AND ATTENDING AA MEETINGS 12-Month Follow-up

Alcohol Usage	No Attendance or Dropped	Some Attendance	Much Attendance
Abstinent	23.0%	43.6%	64.1%
Not Abstinent	77.0%	56.4%	35.9%

Significant Results $p < .001$

SUMMARY OF FACTORS RELATED TO NOT BEING ARRESTED

The results were significant between receiving aftercare and arrest rates for the 12-month follow-up. The 'no' aftercare and 'much' aftercare groups had lower arrest rates than did the 'some' aftercare group. Many clients with 'some' aftercare may not have completed aftercare programs, and some of those with 'no' aftercare may not have been required to attend.

RELATIONSHIP BETWEEN ARRESTED AND AFTERCARE SERVICES 12-MONTH FOLLOW-UP

ARREST CATEGORY	No Aftercare or Dropped	Some Aftercare	Much Aftercare
Arrested	36.1%	41.9%	22.6%
Not Arrested	63.9%	58.1%	77.4%

Significant Results $p < .001$

Attendance at AA/NA meetings was significantly related to arrest rates. Only 21.7 percent of those attending all or nearly all AA/NA meetings were arrested, while over one-third (36.2%) of those not attending AA/NA meetings were arrested during the 12-month time frame.

RELATIONSHIP BETWEEN ARRESTED AND ATTENDING AA MEETINGS 12-MONTH FOLLOW-UP

ARREST CATEGORY	No Attendance or Dropped	Some Attendance	Much Attendance
Arrested	36.2%	34.4%	21.7%
Not Arrested	63.8%	65.6%	78.3%

Significant Results $p < .001$

PAROLE VIOLATIONS AND AFTERCARE SERVICES AND ATTENDING AA

There was a significant relationship between receiving aftercare services and violating parole. Less than one-half (45.3%) of those attending 'much' aftercare services violated parole, while a much higher percent (86.4%) of those with 'no' attendance (or dropped out) or 'some' attendance (77.2%) violated provisions of parole.

RELATIONSHIP BETWEEN VIOLATING PAROLE AND AFTERCARE SERVICES 12-MONTH FOLLOW-UP

VIOLATION CATEGORY	No Attendance or Dropped	Some Attendance	Much Attendance
Violated Parole	86.4%	77.2%	45.3%
Did Not Violate	13.6%	22.7%	54.7%

Significant Results $p < .001$

There was a significant relationship between attending AA meetings and violating parole. About two-fifths (45.7%) of those with 'much' attendance violated parole, while more than four-fifths (84.0%) of those with 'no' attendance (or dropped out) violated provisions of parole.

RELATIONSHIP BETWEEN VIOLATING PAROLE AND ATTENDING AA MEETINGS 12-MONTH FOLLOW-UP

VIOLATION CATEGORY	No Attendance or Dropped	Some Attendance	Much Attendance
Violated Parole	84.0%	63.1%	45.7%
Did Not Violate	16.0%	36.9%	54.3%

Significant Results $p < .001$

ABSCONDED

Of the 3854 persons who completed treatment programs while inmates and were subsequently paroled, 250 persons (6.5%) absconded while on parole.

ABSCONDED END OF PAROLE

ABSCONDED WHILE PAROLED	NUMBER	PERCENT
Yes, sent back to prison	125	3.2
Yes, retained on parole	10	0.3
Yes, still at large	115	3.0
No	3604	93.5
Total	3854	

PAROLE OFFICERS ASSESSMENTS OF CLIENTS

Parole officers were asked to indicate their assessment of the clients' compliance with the parole plan. Of those for whom information was available, the officers reported that the clients had quite marginal compliance with the parole plans. Over one-half (56.0%) were rated as having either Fair or Poor compliance with the parole plan.

COMPLIANCE WITH PAROLE PLAN

	Excell	Good	Fair	Poor	Mean
Percent	13.7%	30.3%	25.4%	30.6%	2.7
Number of Cases	507	1120	938	1132	3697

The ratings by parole officers of clients' relationships with family members received a mix of ratings with about one-half (52.4%) receiving Excellent or Good ratings.

RELATIONSHIPS WITH FAMILY MEMBERS

	Excell	Good	Fair	Poor	Mean
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Percent	11.2%	41.2%	33.6%	14.1%	2.5
Number of Cases	413	1521	1240	520	3694

The ratings by parole officers of clients' relationships with peers and friends were inconsistent with about one-half rated as Excellent or Good and about one-half listed as Fair or Poor.

RELATIONSHIPS WITH PEERS/FRIENDS

	Excell	Good	Fair	Poor	Mean
Percent	9.1%	40.2%	34.4%	16.4%	2.6
Number of Cases	281	1246	1065	507	3099

The parole officers' ratings of clients' employment progress/satisfaction were higher than the other areas rated. More than one-half (57.6%) of the ratings were Excellent or Good and the remainder (42.4%) was Fair or Poor.

EMPLOYMENT PROGRESS/SATISFACTION

	Excell	Good	Fair	Poor	Mean
Percent	18.6%	39.0%	24.7%	17.7%	2.4
Number of Cases	686	1438	908	651	3683

The officers' assessments of the persons remaining arrest free were not high, since nearly one-third (33.8%) of the clients were rated as Excellent or Good, and a majority (66.3%) was perceived as having only Fair or Poor likelihood of remaining arrest free.

TABLE 22
PROBABILITY OF REMAINING ARREST FREE?

	Excell	Good	Fair	Poor	Mean
Percent	7.2%	26.6%	27.7%	38.6%	3.0
Number of Cases	258	957	998	1390	3603

The results were non-conclusive regarding how well the clients did while on parole. Less than one-half (43.5%) of the parolees were perceived as doing Excellent or Good, while more (56.6%) were viewed as performing at a Fair or Poor level as parolees.

HOW WELL DID PERSON DO ON PAROLE?

	Excell	Good	Fair	Poor	Mean
Percent	13.2%	30.3%	22.4%	34.2%	2.8
Number of Cases	10	23	17	26	76

A similar question to the one used above was used on this question, which was on an earlier version of the form. Again the officers' perceptions of the clients remaining arrest free were not high, with only about one-fourth of clients viewed as 'not likely to be arrested in the future.'

LIKELIHOOD OF BEING ARRESTED IN THE FUTURE?

	Percent	Number
Very Likely to be Arrested	27.4%	17
Somewhat Likely to be Arrested	48.4%	30
Not Likely to be Arrested	24.2%	15
Total		62

POSITIVE PROFILE CLIENTS COMPARED TO NON-FAVORABLE PROFILE CLIENTS

Those who had characteristics related to successful outcomes were compared with clients who had fewer favorable factors. A favorable profile consisted of persons who liked the treatment programs and rated them as excellent, were rated by their counselors as doing good or excellent while in the treatment program, attended AA/NA much or all of the time while on parole, and worked full-time while on parole. Persons with a non-favorable profile comprised clients who were not working full-time, did not attend AA/NA as they should, did not like the treatment program, and were judged by their counselors in the treatment program as doing poorly. It can be seen from the chart below that those with a positive profile had excellent outcomes and those with non-favorable profiles performed very poorly. The group with favorable characteristics had a very high substance abstinence rate (65.7%), while the unfavorable group had a low rate (15.1%). The favorable group had low arrest (19.8%) and parole violation (38.4%) rates, and the group with non-favorable characteristics had very high arrest (41.1%) and parole violation (90.4%) rates.

RESULTS AFTER BEING PAROLED FOR 12 MONTHS

Group	Abstinence	Arrested	Violated
Favorable Profile	65.7%	19.8%	38.4%
Non-Favorable Profile	15.1%	41.1%	90.4%
Overall Rates	44.8%	29.6%	60.0%

Results are all statistically significant $p < .001$

FACTORS PREDICTIVE OF OUTCOME SUCCESS

Factors related to outcome success (e.g., not using substances, arrest free, non-violation of parole, and not absconding) were determined by correlational and non-parametric procedures analyses (chi square and Fisher's). The outcome factors were obtained from the yearly follow-up forms completed by parole officers. All data sets were merged and appropriate analyses were conducted. Since there were no statistically significant differences by year, the results are not presented by year. The following factors were found to be predictive of success:

Intake Forms Matched with Follow-up Information

1. Married persons were less likely to use substances than were single people.
2. Married persons were less likely to violate parole than were single people.
3. Married persons were less likely to abscond than were single people.
4. Older persons were less likely to be arrested than were younger people.
5. Older persons were less likely to use substances than were younger people.
6. Older persons were less likely to violate parole than were younger people.
7. Older persons were less likely to abscond than were younger people.
8. Persons with more education were less likely to use substances than were people with less education.
9. Persons with more education were less likely to be arrested than were people with low amounts of education.
10. Persons with more education were less likely to violate parole than were people with low amounts of education.
11. Persons with more education were less likely to abscond than were people with low amounts of education.

12. American Indians were more likely to use substances while on parole than were Whites.

13. Americans Indians were more likely to be arrested than were Whites.

14. Americans Indians were more likely to violate parole than were Whites.

15. Americans Indians were more likely to abscond than were Whites.

History Forms Matched with Follow-up Information

1. Individuals with problems missing work were more likely to use substances, violate parole, and abscond than were people who didn't have problems missing work.

2. Persons who indicated problems before age 15 with skipping school were more likely to violate parole, be arrested, and use substances than were people who didn't report skipping school.

3. Those with problems before age 15 being suspended from school were more likely to violate parole, be arrested, abscond, and use substances than were people who didn't report being suspended from school.

4. Persons arrested before age 15 were more likely to violate parole, be arrested, abscond, and use substances during parole than were people who were not arrested.

5. Individuals who reported running away from home before age 15 more likely to violate parole, be arrested, abscond, and use substances during parole than were people who did not run away.

6. Persons who were guilty of the crime of vandalism before age 15 were more likely to violate parole, abscond, and use substances than were people who were not guilty.

7. Individuals guilty of stealing before age 15 were more likely to violate parole, abscond, and use substances while on parole than were people who didn't report stealing.

8. Persons reporting sex with more than one person before the age of 15 were more likely to violate parole, be arrested, and use substances than were people not reporting this level of

sexual activity.

9. Individuals who indicated problems with fighting before age 15 were more likely to violate parole, abscond, be arrested and use substances during parole than were people who didn't report fighting.

Information from the Follow-up Form for Those Completing Treatment

1. Persons who were working were less likely to be arrested.
2. Persons who were working were less likely to violate parole.
3. Persons who were working were less likely to use substances.
4. Persons who were working were less likely to abscond.
5. People attending AA were less likely to violate parole than were those not attending AA.
6. People attending AA were more likely to be abstinent than were those not attending AA.
7. People attending AA were less likely to be arrested than were those not attending AA.
8. People attending AA were less likely to abscond than were those not attending AA.
9. People attending aftercare were less likely to abscond than were those not attending aftercare.
10. People attending aftercare were less likely to be arrested than were those not attending aftercare.
11. People attending aftercare were less likely to violate parole than were those not attending aftercare.
12. People attending aftercare were more likely to be abstinent than were those not attending aftercare.
13. Parole officers' assessments of compliance with parole plans were significantly related to abstinence, arrest, violation of parole, and absconder status. The officers' perceptions were closely related to the performances of clients. High ratings by the officers were associated with good outcomes (less drinking, fewer arrests, fewer parole violations, and fewer absconders).

14. Parole officers' assessments of clients' relationships with family members were highly correlated with abstinence, arrest, violation of parole status, and absconder status. Again, the officers' perceptions were closely related to the performance of clients. Good perceived relationships with family members were significantly correlated with good performances by the clients.

15. Parole officers' assessments of clients' relationships with peers/friends were significantly related to abstinence, arrest, violation of parole, and absconder status. The officers' perceptions quite accurately reflected the reality of the performances of the clients in these areas. Good peer relations were correlated with good outcome performances.

16. Parole officers' assessments of clients' employment progress were highly correlated with abstinence, arrest, violation of parole, and absconder status. Again, the officers' perceptions were closely related to the performances of clients. Good perceived employment progress was correlated with good performances by the clients.

17. Parole officers' assessments of the probability of remaining arrest free were highly correlated with clients' performances related to abstinence, arrests, violation of parole, and absconder status. The officers' perceptions were closely related to the performances of clients. Of course, the officers often had hindsight as a guide in judging the performance of the clients.

Client Assessment Forms Matched with Follow-up Information

1. Participants in the treatment programs who liked the program (rated it high) were less likely to use substances while on parole or violate parole.

2. Participants in the treatment programs who rated the group counseling high were less likely to violate parole and use substances.

3. Clients who rated individual counseling high were less likely to use substances or violate provisions of their parole.

4. Those who rated the overall program high were less likely to use substances and violate parole.

5. Clients who thought the program was well organized were less

likely to use substances and violate parole.

6. Clients who thought the information received in the program was useful were less likely to use substances and violate parole.

7. Persons who liked their counselors were less likely to use substances, abscond, and violate parole.

8. Clients who recommended the program to others were less likely to use substances and violate parole than were those who didn't recommend the program to others.

Counselor Assessment Forms Matched with Follow-up Information

1. Counselors' ratings of the clients' performances in the outpatient treatment program were significantly related to abstinence, absconding, and parole violations. High ratings were correlated with greater abstinence, less absconding, and fewer parole violations.

2. Counselors' ratings of the clients' performances in individual counseling sessions were significantly related to abstinence and parole violations. High ratings were correlated with greater abstinence and fewer parole violations.

3. Counselors' ratings of the clients' performances in group counseling sessions were significantly related to abstinence, absconding, and parole violations. High ratings were correlated with greater abstinence, less absconding and fewer parole violations.

4. Counselors' ratings of the clients' overall performances in the program were significantly related to abstinence, absconding, and parolee violation. High ratings were related to greater abstinence, less absconding, and fewer parole violations.

5. Clients who had high ratings from their counselors in the relapse prevention part of the program were less likely to violate parole and had higher abstinence rates.

6. Counselors' perceptions of the likelihood of the clients remaining substance abuse free in the future were significantly related to outcome factors. Good ratings were related to greater abstinence, fewer arrests, fewer parole violations, and less absconding.

7. Counselors' perceptions of the clients' future prospects of being arrested were significantly related to abstinence, arrests, and parolee violations. Favorable ratings by the counselors of the clients were related to greater abstinence, fewer arrests,

and fewer parole violations.